

Basic Report 12151, Nuts, pistachio nuts, raw [a](#)

Report Date: August 24, 2019 01:35 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 123g | 1 oz (49 kernels) 28.35g | 1 kernel 0.7g |
|--------------------------------|------|------------------------|---------------|-----------------------------|------------------|
| Proximates | | | | | |
| Water | g | 4.37 | 5.38 | 1.24 | 0.03 |
| Energy | kcal | 560 | 689 | 159 | 4 |
| Protein | g | 20.16 | 24.80 | 5.72 | 0.14 |
| Total lipid (fat) | g | 45.32 | 55.74 | 12.85 | 0.32 |
| Carbohydrate, by difference | g | 27.17 | 33.42 | 7.70 | 0.19 |
| Fiber, total dietary | g | 10.6 | 13.0 | 3.0 | 0.1 |
| Sugars, total | g | 7.66 | 9.42 | 2.17 | 0.05 |
| Minerals | | | | | |
| Calcium, Ca | mg | 105 | 129 | 30 | 1 |
| Iron, Fe | mg | 3.92 | 4.82 | 1.11 | 0.03 |
| Magnesium, Mg | mg | 121 | 149 | 34 | 1 |
| Phosphorus, P | mg | 490 | 603 | 139 | 3 |
| Potassium, K | mg | 1025 | 1261 | 291 | 7 |
| Sodium, Na | mg | 1 | 1 | 0 | 0 |
| Zinc, Zn | mg | 2.20 | 2.71 | 0.62 | 0.02 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.6 | 6.9 | 1.6 | 0.0 |
| Thiamin | mg | 0.870 | 1.070 | 0.247 | 0.006 |
| Riboflavin | mg | 0.160 | 0.197 | 0.045 | 0.001 |
| Niacin | mg | 1.300 | 1.599 | 0.369 | 0.009 |
| Vitamin B-6 | mg | 1.700 | 2.091 | 0.482 | 0.012 |
| Folate, DFE | µg | 51 | 63 | 14 | 0 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 26 | 32 | 7 | 0 |
| Vitamin A, IU | IU | 516 | 635 | 146 | 4 |

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|------------------------------------|-------------|---------------------------------|-----------------------|-------------------------------------|--------------------------|
| Vitamin E (alpha-tocopherol) | mg | 2.86 | 3.52 | 0.81 | 0.02 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 5.907 | 7.266 | 1.675 | 0.041 |
| Fatty acids, total monounsaturated | g | 23.257 | 28.606 | 6.593 | 0.163 |
| Fatty acids, total polyunsaturated | g | 14.380 | 17.687 | 4.077 | 0.101 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |

Footnotes
^a Unroasted